


August Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
August includes a number of ice cream/ice treat holidays: Ice Cream Sandwich Day, Creamsicle Day, Spumoni Day and Cherry Popsicle Day. We'll be celebrating with an ice cream day on August 29.			1 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	2 Annapolis Cruise Trip (second one)
5 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	6 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 2:00 *Gazing Balls – New Date 5:30 *Pizza Dinner 6:30 Cards/Games	7 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	8 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	9 Mount Clare Museum House Trip
12 Center is Closed Picnic hosted by Emmitsburg Senior Center	13 Closing at 3:00 p.m. 11:00 Exercise to Video 1:00 Stitching Post	14 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video 1:00 Wii Bowling	15 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	16 
19 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	20 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 5:30 *Pizza Dinner 6:30 Cards/Games	21 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	22 11:00 Exercise to Video 1:00 Wii Bowling 1:00 Rummikub	23 Whitewater Rafting Trip
26 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	27 11:00 Exercise to Video 1:00 Stitching Post 5:30 *End of Summer Indoor Picnic	28 9:30 Drawing/Painting Club 11:00 Exercise to Video 12:30 Nutrition Minute 1:00 Wii Bowling	29 11:00 Exercise to Video 1:00 Wii Bowling 1:00 *Ice Cream Day Department of Aging Offices are closed	30 Annual Cleaning Day Volunteers Needed